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HOME DEMONSTRATION REVIEW

OFFICE OF COOPERATIVE EXTENSION WORK, EXTENSION SERVICE
UNITED STATES DEPARTMENT OF AGRICULTURE, WASHINGTON, D. C.

Vol. 1., No. 4.

April, 1930.

With this number of the Home Demonstration Review its publication by the Office of Cooperative Extension Work will be discontinued. To replace it and several other mimeographed papers heretofore issued by this office, it is announced that the department extension service will, on May 1, issue the first number of a printed monthly publication to be called "Extension Service Review." This publication will be in regular magazine form, 9 by 12 inches in size, and will contain 16 pages of printed matter and illustrations. It will give information on extension results and methods in all lines of extension endeavor. It will be sent to all extension agents.

It is hoped that this monthly picture of extension progress and accomplishment may bring inspiration and help to every extension worker in the United States. The publication will also carry information on important decisions, policies, and plans affecting the extension organization on the various services available from the department to the field. In other words, the "Extension Service Review" will be in effect the "house organ" of the entire cooperative extension service.

We are sure that home demonstration workers everywhere will welcome this opportunity to present each month to the entire extension organization a true picture of the progress and results of work in their fields.

It is believed that this joint presentation of the progress and results of all cooperative extension work in one publication will tend to promote a better coordination of extension programs and activities, a better understanding of each other's work, and closer cooperation between individual agents working in the same areas.

C. B. Smith
Chief.

News-Letter Series to Mothers

Margaret C. Shepard, home demonstration agent for Essex County, N. J., says in her 1928 report: "A monthly letter is sent out by the home demonstration agent to 250 young mothers in the county. In addition, regular copies of this letter are sent to the child-hygiene nurses of Belleville to distribute at their clinics. These letters are written in Italian and German, as well as in English, for the benefit of the foreign mothers. A number of these mothers report that they are following the suggestions given about cod-liver oil, cream soups, fruits, vegetables, and rest periods. A number of the mothers write in and request feeding information and copies of available bulletins on the subject of child care."

The information in these letters is furnished by the State specialists in nutrition and in child care. The letters are designed to reach the mothers of young children. The children can not be left at home, and the mothers fear to bring them to meetings where they might contract disease or become restless.

J. Kathryn Francis of Mercer County says: "The series of young mothers' letters has been sent to more than 190 women in this county. The interest in it continues to be equal to that of previous years. Eleven women in one locality reporting on receiving this letter represent 41 children."

In 1927, 2,506 letters in English and 690 in Italian were sent out in the State monthly. In 1928, 2,895 in English and 650 in Italian were distributed in 11 counties by home demonstration agents. In 1929, 3,149 in English and 603 in Italian were sent out.

Mrs. E. M. Berdan, home demonstration agent of Bergen County, says, "Most of the 750 mothers on our mailing list think these letters have been very much worth while. A severe pruning of the mailing list resulted in the elimination of the names of those mothers whose children are now attending school and thus have graduated. However, new names are being added daily, their source being child-hygiene nurses, group meetings, Parent-Teacher Association meetings, visits to county editors, home visits, etc."

A COPY OF ONE OF THE LETTERS

Very soon schools will close for the summer months, and all the children will be at home. To some mothers this means much extra work as the children do not seem to know what to do to keep busy. Most little girls and some boys like to be where mother is and help her with whatever she is doing. If the vegetables are to be prepared for the meals for the day, allow them to help shell peas, or string beans. They will not help very much, and some mother may feel they hinder her progress, but these little folks who helped to prepare the vegetables will be much more interested in eating them when they appear on the table. Mother will find this a decided help during the meal hour. If mother is sewing in the afternoon some coarse needles can be threaded and the children given these together with pieces of material to make a button bag or any other large article which can be held in little hands.....

Children always enjoy a "tea party." Place the little table in a shady place, allowing the children to set the table with paper doilies and their own play dishes. Milk and crisp sugar cookies will be the refreshments. If this party is at half-past three, this small amount of food will not take away the appetite for the evening meal. Mother would do well to plan her afternoon so that she may take a few minutes to be a guest at this party.....

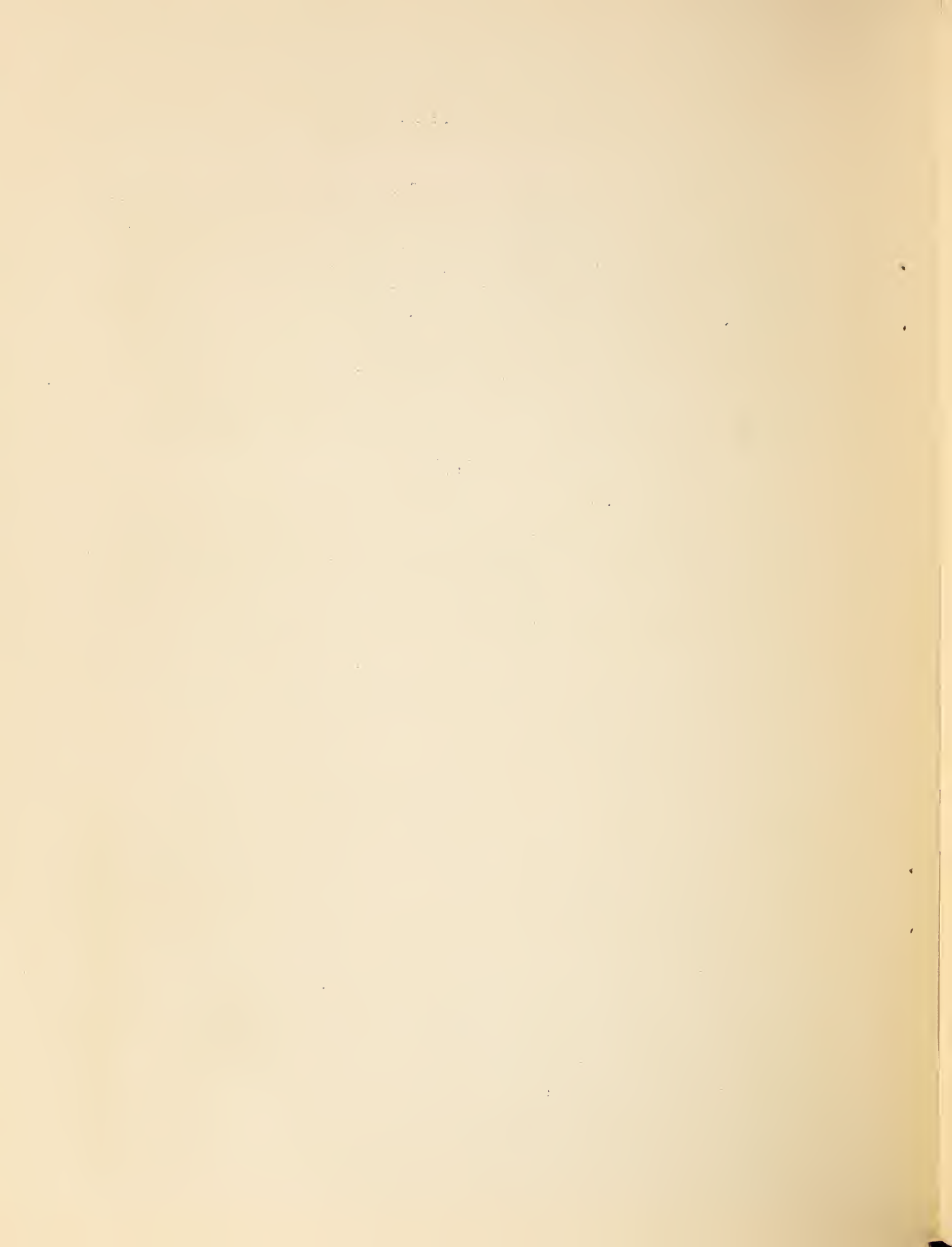
The information in this letter has been furnished us by Marie Doermann, extension specialist in foods.

(No. 30)

Sincerely yours,

Home Demonstration Agent.





HERE AND THERE IN THE FIELD

Leadership is Recognized.

"Recognition of the leadership of women who are serving as county chairmen has been given in Nebraska for the past three years," says Mary-Ellen Brown, State extension agent in women's work. "Such recognition takes place at the time of the January organized agricultural meetings. These meetings correspond to Farm and Home Week meetings in other States. All of the county chairmen are especially invited to be present and as a part of one session Director W. H. Brokaw gives a talk on 'Leadership and What it Means.' After this the 35 county chairmen are asked to come to the front of the room as their names are called. He then presents them with a 'charge' and a gold leadership pin which is awarded to them by the Home Economics Section of Organized Agriculture. Women appreciate having these pins and in some instances have taken an increased interest and responsibility in their work."

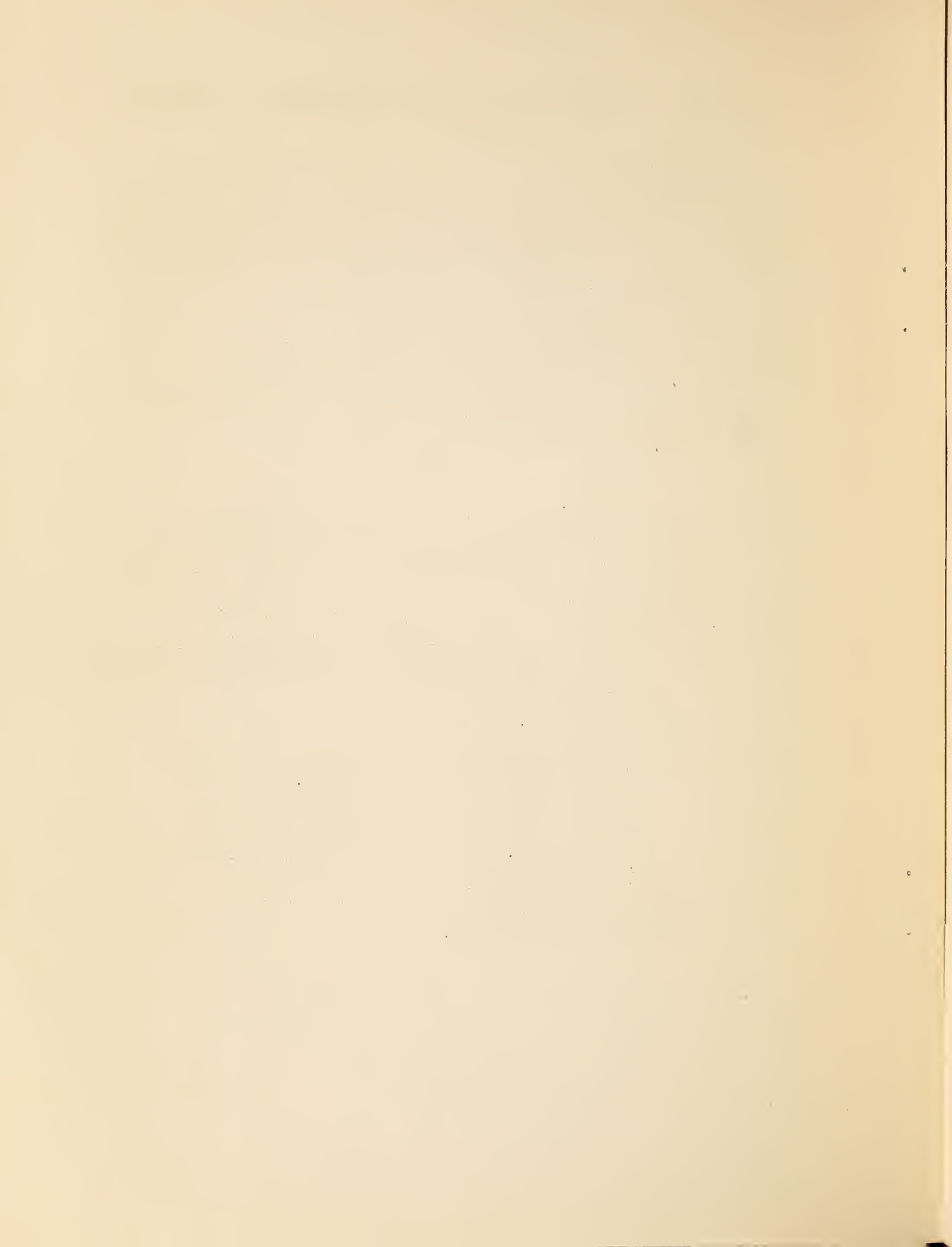


Tests for Local Groups.

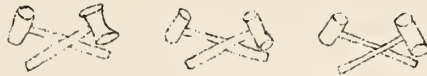
Tests of efficiency for a local home-bureau group prepared by Caroline Morton, assistant State home demonstration leader, New York State.

If the community organization is realizing its finest possibilities it will have:

- (1) Full quota of regularly elected officers and project leaders who do business in a businesslike way.
- (2) Regular business meetings of the community committee and of the community group conducted according to parliamentary usage.
- (3) Plans made for at least one year's work, or a program or calendar including:
 - (a) Definite projects undertaken and completed for the improvement of home practices.
 - (b) At least one community enterprise fostered.
 - (c) At least two general recreational community meetings annually.
 - (d) At least two general informational community meetings annually.
- (4) Cooperation with farm bureau, junior extension, Grange, or other organizations.



- (5) Up-to-date and complete records of work and results submitted to agent and county leaders on time for permanent county home-bureau reports and history.
- (6) Publicity of all work accomplished and of plans under way regularly through papers and County News.
- (7) Representation at county-wide or district meetings.
- (8) A growing or 100 per cent membership of all home makers in community.



Household Accounts.

"Household Accounts" was incorporated into the home-management project in Park County, Wyo., as a result of the economic survey which was conducted there a year ago, when Marjory A. Eells was home demonstration agent. The budget of \$1,190 recommended by the committee aroused some lively discussions, as most of the farm families claimed they spent less. Very few had any figures upon which they could base their arguments. Five women volunteered to keep accounts and check at the end of the year. They did so, and the following figures show a comparison of this recommended budget with the average of the actual budget of these five families.

The imaginary family, however, is one of two adults and three children, aged 2, 8, and 16, while the children in these really ranged from 8 to 16 years. Also we shall have to admit that these families have standards of living rather above the average.

Item	First estimate	Estimate after discussion	Difference
Groceries.....	\$ 360.00	\$ 353.70	\$ 6.30 less
Clothing.....	360.00	279.15	80.85 less
Education*.....	110.00	146.55	36.55 more
Health.....	60.00	67.35	7.35 more
Equipment and furnishing.	100.00	218.95	118.95 more
Recreation.....	55.00	85.50	30.50 more
Fuel and light.....	90.00	67.10	22.90 less
Church and charity.....	55.00	51.00	4.00 less
	\$1,190.00	\$1,269.30	\$ 79.30 more

Note: Education includes expense for music and elocution lessons. Seventy-five per cent of the children in these families are receiving special lessons. Magazines, lectures, etc., are included under this item.

"The women who kept accounts have become so interested that they are going on this year with six additional members in the project," says Verna R. Johannesen, State home demonstration leader. "Their work has created interest in keeping home accounts in clubs in two other counties, so 1930 should bring even more interesting results on this phase of the project."



Food-Preservation Contest.

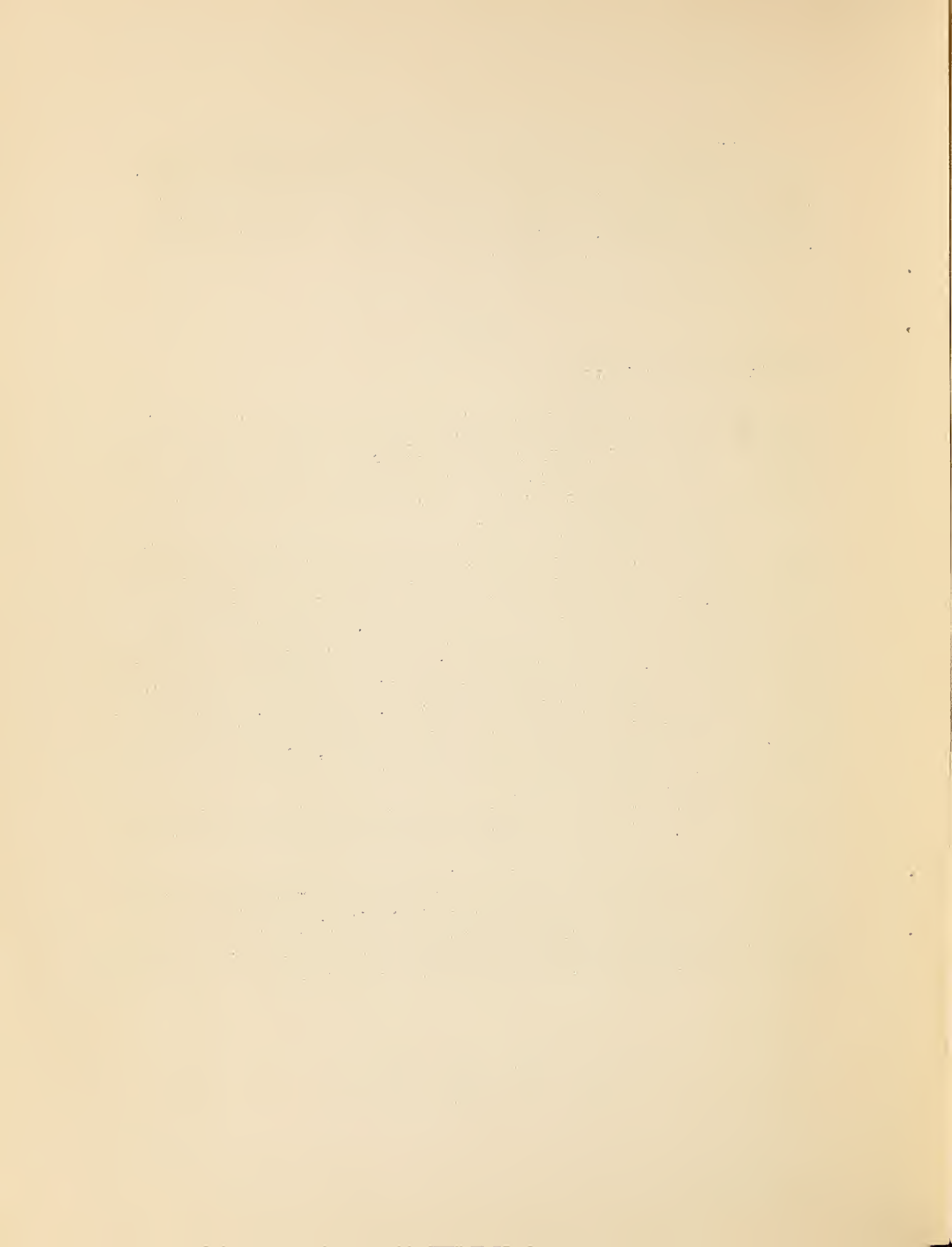
"According to the statistics of a recent food study in Georgia, there is a serious lack of fruits and vegetables in the diets of Georgia's rural people. The nutrition program the past year was based on the results of this study, and food production and conservation formed a major part of the program," says Willie Vie Dowdy, home-improvement specialist of Georgia.

"To stimulate renewed interest in the conservation of foods, a food-preservation contest was held. One of the main objects of the contest was to induce the women to make a canning budget in order that they might have a more definite idea of the quantity of fruits and vegetables needed to provide an adequate diet. Each contestant was required to make a canning budget for her family, using the minimum standard budget of the Georgia State College of Agriculture as a guide and was required to can as nearly as possible the amounts represented by her budget. Pickles, jellies, preserves, marmalades, and the like, were not included in the contest. At the end of the canning season, contestants submitted reports of all foods canned, together with their budget plans. Prizes were awarded on the basis of the total work done by all the women of the county.

"Twenty-seven counties entered the contest with an enrollment of 1,158 women. Of these, 662 women completed the contest and sent in records.

"The food-preservation contest seems to have been a success as a teaching project, because many more women are known to have used this method for canning than those who sent in reports. Practically all of the exhibits of canned products at county fairs last fall featured the budget idea, and women are fast grasping the idea of canning an adequate food supply rather than canning merely to conserve surplus foodstuffs."





County Fair Exhibit.

"Home-economics exhibits of educational value replaced the township community displays of horticultural and home-economics products at the Muncie Fair this year," says Hazel I. Artuckle, home demonstration agent in Delaware County, Ind.

"The Muncie Fair directors asked for assistance, as they were not pleased with the results of previous exhibits. A committee of women, representative of the home-economics clubs, met with the county agent, secretary-treasurer of the Muncie Fair, and the home demonstration agent and discussed this problem. It was recommended that the various home-economics clubs prepare educational exhibits, these exhibits to be limited to a program directed by Purdue University Extension Department, and were to be of an educational nature designed to teach some phase or practice of home-economics extension work. Clubs must score at least 50 per cent according to our standard score card in order to win a placing, and each club placing received \$15 cash, with additional cash awards of \$12, \$8, and \$7 to first, second, and third winners. Exhibits were to be scored on central idea 40 per cent, contributing factors 25 per cent, general attractiveness 20 per cent, and neatness 15 per cent.

"After our general plans were completed, a letter was sent to every home-economics club urging that they exhibit at the Muncie Fair. Favorable replies were received from 12 clubs. W. Q. Fitch, State leader of farmers' institutes, met with the exhibit committees and gave general suggestions for preparation of exhibits.

"A committee of five women was appointed to assist with the planning of the location and construction of the booths. It was agreed to have 12 booths. The booths were 7 feet high, 8 feet wide, and 6 feet deep, and arranged double through the center of the floor space. Divisions were of beaver board, stripped with wood paneling. The side divisions were curved in order to give a pleasing effect.

"Each club drew for location of its booth, and by this method no preference could be given. Plans for the arrangement of the exhibits in each booth were brought to the home demonstration agent for assistance and suggestions. It was considered best not to have two exhibits with the same idea.

"The exhibits were in place and judged on the opening day of the fair. Subjects of some of the exhibits were: 'The Feed Sack enters the Kitchen' (depicting the different economic uses that are made in the farm homes of sacks that contained feed and supplies), 'The Attic Wonderland' (showing well-equipped playroom for children), 'Good Choice of Glass Curtains and Draperies for the Living Room,' 'Fitting Your Feet,' 'Millinery,' 'Hanging of Pictures,' and 'Furniture Arrangement.' After the awards were made, the judge gave criticisms to those women who were interested. Thus, the women not only understood their errors but learned how to improve their exhibits. All exhibits were different, attractive, and showed a great improvement over the township exhibits. The judge pronounced the exhibit as a whole to be of outstanding credit to the home-economics work of any county."

County Councils

The reports from Mrs. Maggie W. Barry, women's organizations specialist in Texas, tell us that county councils in Texas are advisory bodies for home demonstration agents. They are composed of the presidents of home demonstration clubs and may or may not include additional representatives from the clubs. Sometimes they include representatives from other groups or individuals who are interested in the promotion of the work. These representatives, however, have no vote. They include such persons as the county superintendent of schools and public-health officers. Experience shows that great care must be taken in selecting these additional members.

County councils meet and consult with the agent in regard to programs of work, exhibits for fairs, club scholarships, contests, reports of work, and plans relating to home demonstration work.

It is not the function of the council to pass resolutions. It merely decides what may be advisable, gathers information on which to base suggestions; and each representative takes the plans and suggestions back to the local clubs for action.

The officers of the council consist of a chairman and secretary elected by the members. The secretary keeps a record of the plans and policies drawn by the council. Reports of the action of the home demonstration clubs on plans and policies are made direct to the home demonstration agent.

County councils have been provided for home demonstration agents in many counties in all the other Southern States, though they differ somewhat as to their membership and name. They are sometimes, as in many Alabama counties, called the county board of directors, while the name county council is applied to another part of the organization.

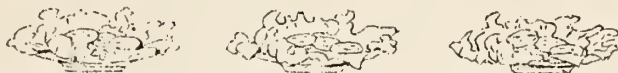


Farm Women Decide on Program for 1930

Using the results of an extensive survey, farm home makers in 22 South Dakota counties have decided to base their food and nutrition program for the coming year on five major problems, according to Mary A. Dolve, extension specialist of South Dakota State College. Each problem will form the subject of a demonstration. The subjects are "Family Food Habits," "The School Lunch," "Prepared as You Like It," (which centers around new methods of preparing vegetable dishes that all members of the family will like,) "Feed the Family Rightly and Economically," (which takes up the nutritive values and relative costs of foods), and "Time Savers in Feeding the Family" (which gives suggestions for short cuts in cooking and meal preparation).

Salad Contest

"In March the demonstration women throughout the county gave one meeting to a salad contest," says Anna Mae Sikes, home demonstration agent of Lee County, Fla., in her 1929 report. "The salads were judged on the same basis used on the State score, the selection of material, appropriateness of salad, its food value, the manipulation of the material used, and the appearance of the finished salad all being taken into account."



Changes in Titles of Projects

"There have been some changes in the Nutrition Projects as outlined last year," say Mildred R. Tackaberry and Letitia J. Jones extension specialists in foods and nutrition in North Dakota. "'The Family Nutrition Problems' has been replaced by 'The Well-Fed Family' where we try to give the fundamentals of meal planning and emphasize some of the important factors in the meal. One lesson will be composed of discussion of meal service, table setting, etc., which we believe will especially interest the women. The health project is being continued as in the past, except that the lesson on the health of the home maker in her workshop has been discontinued and one on home hygiene will take its place."



Home Marketing

Mrs. E. W. Moore, home demonstration agent in Citrus County, Fla., says regarding home marketing:

"The senior home demonstration council this year has worked on standardization of the products grown for market in home gardens. On these products they have been able to bring the standard up in such a way that the local grocerymen are glad to buy all they have to offer. They have been able through the sales of their fresh and canned goods to buy the necessary groceries such as flour, rice, sugar, and coffee. They have also been able to exchange their home-canned goods for dry goods. The merchants have expressed a desire to have the home-canned goods on their store shelves if the women can sell in quantity at wholesale prices. More of this type of marketing will be done in 1930."

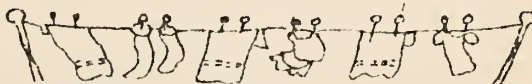
Places for Children's Things

Ada Robertson Fiske, home demonstration agent of Merced County Calif., says in her annual report: "On the 'better homes' tour, the idea of storage of children's clothing was the subject of the demonstration at the Le Grand stop. Mrs. C. H. Bemis discussed the subject of home storage, following much the same outline as that given at the club demonstration. She told how she has been adapting the suggestions as home demonstrator, and showed the things which members of the home department have made for use in their homes. The last half of the demonstration was a little play put on by the children. One little tot hung her clothes in the children's wardrobe, using the shoe bag and the laundry bag. A group of tiny tots was on the floor playing with toys which, at the end, they placed in the storage box for toys. A third group was enjoying a dinner party, and one boy was busy with his books at a reading table. The demonstration put over the idea of having a place for children's things in the small house."

Ready-made and Homemade Garments

Irene Fagin, home demonstration agent of Butte County, Calif., says in her annual report: "The demonstrators who made a comparative study of the ready-to-wear and homemade garments, carried on various demonstrations. Some of them made comparisons of costs of dresses for girls of high-school age, which resulted in the following conclusions being drawn:

- (1) The cheaper the dress the less was actually saved in making it at home.
- (2) When a little money was saved in making a cheap dress, the quality was slightly better. Most of the demonstrators believed that if a person was very busy the saving was not sufficient to warrant the time spent in sewing.
- (3) The value of each dress depended somewhat on whether or not the individual to wear it was easy to fit. Some of the women said they spent as much time and effort in trying to get a ready-to-wear dress that would fit as they did in making one.
- (4) Most of them thought that there was a definite saving in making young children's clothing.
- (5) Figuring hours in making and the difference in price between homemade and ready-made garments, the demonstrators estimated that the amount they earned by making garments at home varied from 8 cents per hour to \$2.50 per hour.



SPECIAL CONTRIBUTIONS

EXTENDING HOME DEMONSTRATION WORK

Grace F. Frysinger

Extension Home Economist

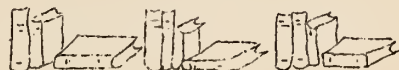
U. S. Department of Agriculture

A review of home demonstration work for 1929 suggests two major needs in strengthening the work - first, extending it to more women, and second, building up widespread public endorsement of home demonstration work.

One means of extending home demonstration work to more women is through cooperation with merchants of the county. If a woman is in a store buying material for a dress and while there learns that a home demonstration agent is instructing rural women in clothing construction, it would be a psychological means of interesting her in clothing project work. The same would hold true as to stores where kitchen equipment, foods, etc., were purchased. A one-page mimeographed letter, descriptive of the projects, might be given to merchants to be distributed to home makers. Such a letter might have a detachable blank on which the home maker might indicate her particular interest and which might be mailed to the home demonstration agent.

This procedure would tend to inform each merchant accurately as to the objectives and scope of home demonstration work in the county and win his interest in general, as well as obtain his cooperation in the specific project relating to his wares. The 1929 issue of "Guide by Counties to Retail Outlets of the United States," published by the American Home Magazine gives inclusive information by counties as to the number of retail stores of various types, such as women's clothing, shoes, home furnishings, groceries, hardware, heating and plumbing, furniture, and the like.

A means for the development of widespread endorsement of home demonstration work is frequent and effective news items regarding home demonstration work in the public press in counties having home demonstration agents. Before making contact with newspaper offices, the home demonstration agent might well inform herself regarding the towns having regular publications, the names of editors, the column size of paper, number of pages, frequency of publication, circulation, and other pertinent data. Such information is available in the "American Newspaper Annual," which usually can be found in public libraries or in the offices of a large newspaper.



Annual Round-Up of Extension Agents in West Virginia, October, 1929

Reported by
Florence L. Hall,
Extension Home Economist,
U. S. Department of Agriculture

"The farm home maker in many cases will be the moving spirit in reorganizing the farm business, to produce a greater income," says Nat T. Frame, extension director in West Virginia. This idea places considerable responsibility on the home demonstration agent. It was agreed among the home demonstration agents of West Virginia at their annual conference that each would begin work right away in the farm women's clubs on standards of living. At club meetings they will guide the members in working out a minimum standard, with estimated costs for food, clothing, religion, education, health, and other items connected with family living. In this group work, the agents will follow the plan used at the State Farm Women's Camp in August. In addition to this, each home demonstration agent pledged herself to study, with six farm women, their farm business and family living expenditures. Those selected will be women living on farms which produce a cash net income of less than \$1,200, but which have potentialities for a greater income. The home demonstration agent, cooperating with the county agent, will work with these six farmers and home makers in an effort to obtain the larger income. In addition to this, three counties, Randolph, Marshall, and Mason, were chosen in which to do more intensive work along this line.

MISCELLANEOUS ITEMS

Mr. W. J. Morse, of the Bureau of Plant Industry, who has been collecting soybean seeds, writes from Japan that the Japanese use the soybean in a number of ways in their diet. They grind the beans and make flour, they serve the green beans as we would serve green lima beans, and they cook the dried beans in a manner similar to navy beans. Besides, they make soy sauce, soybean curd, beverages, and bean sprouts from the soybean. He believes that the use of soybeans as a human food in this country will increase steadily.



People interested in the hygienic aspects of clothing will find 1,184 books and articles on the subject listed in a new bulletin of the U. S. Department of Agriculture, Miscellaneous Publication No. 62-MP, "Bibliography on the Relation of Clothing to Health." Each reference states briefly what the publication or article covers, and in many cases, from what point of view the subject is treated. The citations are grouped chronologically under several heads.

REFERENCE SHELF

PUBLICATIONS OF STATE AGRICULTURAL COLLEGES RELATING TO EXTENSION WORK IN HOME ECONOMICS

The extension publications listed here are not distributed by the United States Department of Agriculture. The list has been made to inform you of what is being done in the various States to provide helpful publications.

- Cake. Lucile Brewer and Jessie A. Boys. 35 p. illus. July, 1929.
(Cornell Ext. Bul. 184.)
- Eggs-actly what you need. Egg recipes. R. B. Thompson. 16 p. 1929.
(Oklahoma Circ. 255.)
- Clothing for health, first-year clothing project. Dorothy Dean. 63 p. illus. October, 1929. (Alabama Circ. 117.)
- Child care and training course as presented in Montgomery County, Alabama. Helen Kennedy and others. 23 p. illus. October, 1929.
- Score card for diets of the preschool or school child. 1 p. 6 $\frac{1}{2}$ by 10 in. Card. (Iowa) 1929.
- Feeding the preschool child. Florence Imlay. 16 p. illus. August, 1929. (Kentucky Circ. 225.)
- Food for the school child. Florence Imlay. 16 p. illus. September 1929. (Kentucky Circ. 226.)
- Wool coat making. Meta E. Martin. 12 p. illus. October, 1929.
(Indiana Ext. Bul. 166.)
- Rural health. R. A. Felton and Nina V. Short. 39 p. illus. November, 1929. (Cornell Ext. Bul. 187.)
- Short cuts in cleaning. Madonna Fitzgerald. 4 p. illus. 1929.
(Oklahoma Circ. 263.) Gen. Ser. 101.
- Places for keeping clothing. Dora R. Barnes. 4 p. illus. November, 1929. (Texas Circ. C-72.)

PUBLICATIONS OF THE U. S. DEPARTMENT OF AGRICULTURE

TECHNICAL BULLETINS

- | | | |
|-----|---|-----|
| 134 | Red-squill powders as raticides..... | 10¢ |
| 148 | The frozen-pack method of preserving berries in the Pacific Northwest..... | 10¢ |
| 169 | The wearing quality and other properties of vegetable-tanned and of chrome-retanned sole leather..... | 5¢ |

PUBLICATIONS OF THE U. S. DEPARTMENT OF COMMERCE Bureau of Fisheries

ECONOMIC CIRCULAR

- | | | |
|----|---|-----|
| 69 | Salmon - An economical and valuable food..... | 10¢ |
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